



# HEALTH & WELLNESS

## *For Your* **Benefit**

## LUNCH & LEARNS AT A GLANCE

**PUBLIC UTILITIES ORANGE  
SQUARE BOARD ROOM  
3901 ORANGE ST.  
RIVERSIDE, CA 92501**

# 2008

**Raffles At Every Event**

*Seminars are held the first Thursday of every month, except July*

*Snacks & refreshments will be provided*

**FEBRUARY**

*Seven Secrets of Personal  
Financial Success*

February 7, 2008  
12:00 pm - 1:00 pm



*Presented by:  
ICMA*



**MARCH**

*Nutrition & Fitness*

March 6, 2008  
12:00 pm - 1:00 pm

*Presented by:  
City Gym*



**APRIL**

*Cancer Awareness*

April 3, 2008  
12:00 pm - 1:00 pm



*Presented by:  
Loma Linda Hospital*

**MAY**

*Managing Allergies & Asthma*

May 1, 2008  
12:00 pm - 1:00 pm



*Presented by:  
Loma Linda Hospital*

**JUNE**

*Skin Protection for Every  
Season*

June 5, 2008  
12:00 pm - 1:00 pm

*Presented by:  
Loma Linda Hospital*

**JULY**

*Caring for the Elderly*

July 10, 2008  
12:00 pm - 1:00 pm

*Presented by: CAEAP*

**AUGUST**

*Take Charge of Your Financial  
Future*

August 7, 2008  
12:00 pm - 1:00 pm

*Presented by:  
Great West*



**SEPTEMBER**

*Cold & Flu  
Preparing for the Season*

September 4, 2008  
12:00 pm - 1:00 pm

*Presented by:  
Loma Linda Hospital*

**OCTOBER**

*Heartburn (Acid Reflex)  
Symptoms and Treatments*



October 2, 2008  
12:00 pm - 1:00 pm

*Presented by:  
Loma Linda Hospital*

**NOVEMBER**

*Sleep Disorders  
Triggers and Treatments*

November 6, 2008  
12:00 pm - 1:00 pm

*Presented by:  
Loma Linda Hospital*

**DECEMBER**

*Time Management Skills*



December 4, 2008  
12:00 pm - 1:00 pm

*Presented by: CAEAP*